

The Waterlog

Coaches Corner

Howdy!

Another January in the books, congratulations to everyone who made it through the long grueling month without eating junk food! Ironically, we will be having a pizza party after practice sometime in the beginning of February to reward the survivors. Hopefully swimmers that are concentrating their efforts on state, sectionals and junior nationals can continue to eat as healthy as possible! Please continue to dress warm before and especially after practice.

Events:

January featured two meets. First was the Fond du Lac meet. This was a really fun meet that gave our kids an opportunity to swim longer races and compete in an IMX challenge. The IM Xtreme Games promote and reward versatility in

age group swimming while advocating greater participation and development across a range of events. The goal is to enable long term success in swimming. We had multiple high point winners at this meet they included, Siddhant Jain, Sam Siebenaller, Rachel Siebenaller, Kate Criter, Elizabeth Bucholz, Haley Lucas and Amanda Siehs. The Shorewood meet was also in January but I haven't received results yet so I will highlight the meet in next month's water log.

We have multiple meets in February. Our home meet is on Feb 5th followed by the Big 8 meet Feb 6th. A+ is also that same weekend, which is a championship meet. The following weekend we have a meet at UWM which is still open, I encourage anyone looking for a last chance to compete to do it there! The weekend after that, we have

Regionals. Everyone is allowed to swim at Regionals, it is basically a last chance state qualifying meet and great end of season meet. So if you are looking to compete one last time this season Regionals would be the place to do it. There are no qualifying times for this meet.

Looking Ahead:

The month of February brings some rest and recovery, also known as TAPER. As our bigger meets including Regionals approach, the kids will be swimming shorter faster sets with more rest and will probably be getting out a little early. We also work on starts, turns and finishes more during this time of our season. Unfortunately this means they will have some extra energy around the house, but don't put them to work they are on TAPER!

- Coach Scott Mueller

February 2011



Swimmers of the Month:

January Madeline Paar SN

January Emma Huettel GN



Upcoming Meets:

A+ Invitational SSTY February 4th – 6th

MFSC 10 & U Home Meet February 5th

Big 8 Championship February 6th

NBSC Meet February 11th – 13th

Regionals February 18th – 20th

13 & O State March 3rd – 6th



Upcoming Events:

Tuesday March 8th -

Short Course

Banquet

Happy Valentine's Day!

President's Report...

Hi there...

Lots to report so let's get to it!

Good News! I am happy to report that Becca Jaworski has stepped up to take on the position of MFSC President as of August 2011. We will be working closely over the next few months. Thank you, Becca!

Well, that is one Board position filled, but there are still more to be had. **PLEASE** contact me regarding the various positions available. At our most recent Board meeting, we discussed the need for the fundraising position to have co-chairs...we realize this is a big job! Therefore, we are opening this position up to 2 people. Unfortunately, if we do not fill this position, there will be no fundraising opportunities. Honestly gang, we really need to fill these positions...even though it seems far away, August will be here before you know it and we feel it best to have the chance to educate our replacements. Really, it's not that bad!! I'm not gonna lie...taking on one of these positions is work, **BUT** it is most gratifying knowing that you can make a difference. Our swimmers benefit from all that you do...isn't that what it is all about?

"The 10 Commandments for Sports Parents"

Included at the end of this month's Waterlog is the article entitled "The 10 Commandments for Sports Parents". Please take the time to read it. I'm certain many have seen it before, but it is definitely worth a second look. As we have many new families joining MFSC, I

would also like to reiterate the policy that during a meet (whether home or away), the only people allowed on deck are **Coaches, Swimmers and Officials**. Parents are to remain in the stands, cheering loudly and proudly for their team...YEAH MFSC! That way we allow our Coaches to do what we have asked them to do...**coach our children.**



Set-up for our home meet in February...Can you help?

I'd like to thank all of those families who volunteered to work our 10 & Under swim meet on February 5. As always, we set-up for the meet on Friday evening, typically beginning around 5:30 p.m. There is lots to do but the more hands we have, the quicker things get set-up (*i.e., bleachers pulled out, chairs set-up, blue mats put down, signs hung up, pool lobby set-up for admission, kitchen concessions, etc.*). I will be on hand with Becca setting up, so if you are at the pool and need to work those muscles, we would appreciate any help we can get. Thanks!



"Lost & Found" bin

Please stop by the "Lost & Found" bin located in the pool office. It appears to be overflowing. It's time to empty it. **Anything not picked**

up by Friday, February 11, will be taken to Goodwill. Thanks for your attention to this.

"Swim-A-Thon" to take place in May

Our annual Swim-A-thon is scheduled for mid-May. This typically takes the place of a swim practice. Coach Scott will set swimming limits for each age-group. **New this year:** Pledges will **not** be "per lap". They will simply be a donation. Also new this year, we are requiring that **all donations be collected in advance and turned in on the day of the Swim-A-Thon PRIOR to swimming.** This will allow us to wrap-up the event that evening. Thank you for your understanding. Watch your emails for further details.



That's it for now. Oh...one more thing...hope ya'll enjoy the Superbowl! Regardless who you are cheering for, the fact that these two teams made it there is **AWESOME!** Enjoy!

Laurie Siehs
MFSC President

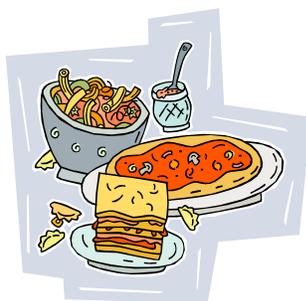
Save the Date ...

Team Pictures to be Taken!!!



We've decided to have the team pictures on Monday, February 21st – meet at the pool at 5:45 with your team suit, team T-shirt and team warm-up. Team picture at 6:00 pm sharp! Individual pictures will be taken afterwards by Sport Pics Photography. More details to follow.

2010 – 2011 Short Course Banquet



Our Short Course Banquet will be Tuesday, March 8 from 6:00-7:30 at North Middle school cafeteria. More info and a sign up will be sent out in a couple of weeks.

The 10 Commandments for Sports Parents

By Rose Snyder, Managing Director Coaching Division, USOC
Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return at the end of the day. Love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

If you are going to show up at a swimming meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not

ready to compete in it. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

If you do not care to devote the time or do not have the desire to train to become an official, don't criticize those who are doing the best they can.

VII. Honor thy child's coach.

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new team mates. Often times swimmers who do switch teams never do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming and we keep a record of the Top 100 all time swimming performance by age group. Only 2% of the swimmers listed in the all-time Top 100 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002

Hey Waterlog Readers!!!

We introduce you to the new fun page at the end of each edition of the Waterlog! Here's how it works, every edition of the Waterlog will have a theme. There may be a word search or there may be a crossword. A theme may be about swim materials or famous swimmers. Answers to the crossword puzzles/word search will be posted along with the new puzzle in the next edition.

We would love for readers to give us your opinion on what the theme should be and we'll have the Waterlog writer look over it and maybe make a puzzle(s) out of it. Enjoy the pages and have fun!

Swim Equipment

A G N D X P Q N Q Y N K Q H E
I S U X O D J V Z K D C W W A
B E D J V Q K T K S P A K H T
A X E L N F I N S U T P C N Y
S P Z P G U C V L E M K E Z B
U F Y Y S A K L R W W C S X L
M J X M C N B B S F U A E D A
N V I B X O O H R Z A B Y I G
X W N D U T A R S W I M C A P
S K X Y T M R S K E N I H E C
G V V L R F D A E L M W F Z W
L E E W X G O G G L E S K K J
I S T M M T J T O H X A M T C
U E Q R V C A I U U O C H W R
A G I T U G V Z Y K Q D G K G

FINS
MESH BAG
SWIM BACKPACK
WATER BOTTLE

GOGGLES
PULLBOUY
SWIMCAP

KICKBOARD
SNORKLE
SWIMSUIT

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